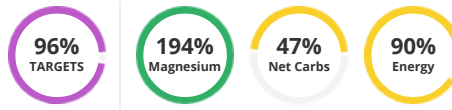
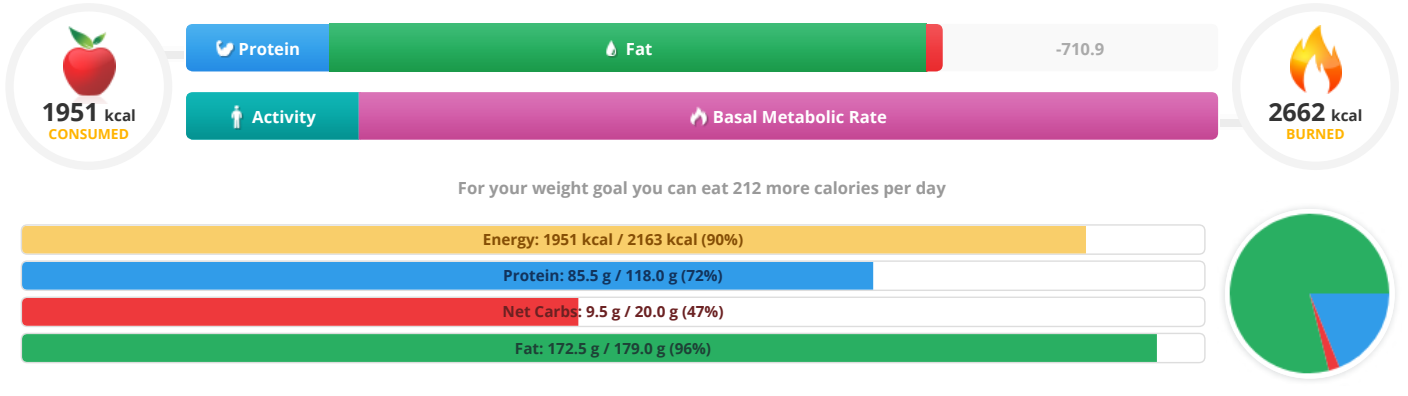


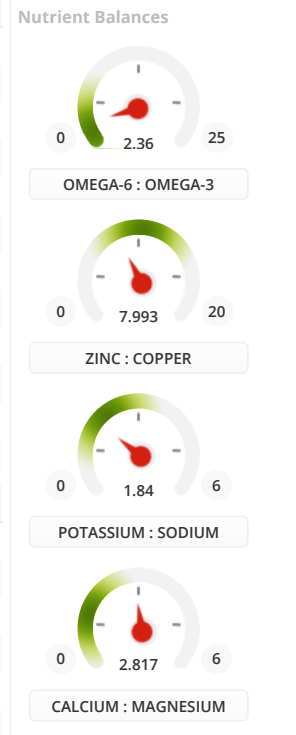
Daily Average Nutrition Report 2017 October 22 to 2017 November 7

Based on 17 complete days

Calories Summary

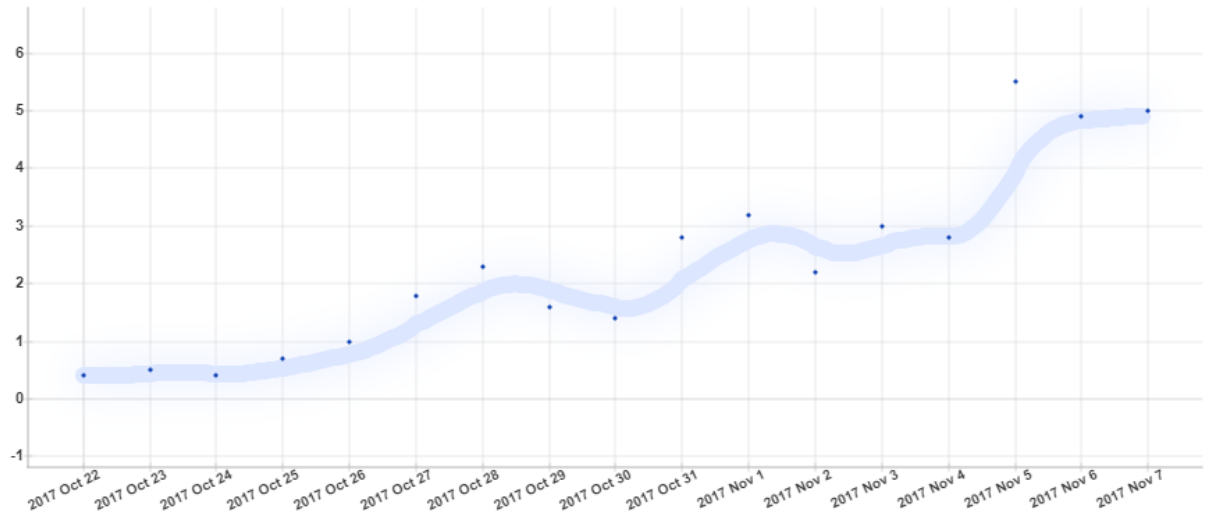


Carbohydrates			Vitamins		
Carbs	31.7 g	79%	B1 (Thiamine)	1.7 mg	139%
Fiber	22.2 g	111%	B2 (Riboflavin)	2.7 mg	204%
Net Carbs	9.5 g	47%	B3 (Niacin)	20.5 mg	128%
Starch	0.0 g	No Target	B5 (Pantothenic Acid)	12.2 mg	244%
Sugars	8.8 g	No Target	B6 (Pyridoxine)	2.2 mg	170%
Sugar Alcohol	0.0 g	No Target	B12 (Cobalamin)	6.8 µg	285%
Lipids			Folate	418.9 µg	105%
Fat	172.5 g	96%	Vitamin A	4034.5 IU	134%
Monounsaturated	44.7 g	No Target	Vitamin C	363.5 mg	404%
Polyunsaturated	8.1 g	No Target	Vitamin D	1263.3 IU	211%
Omega-3	2.6 g	164%	Vitamin E	29.6 mg	197%
Protein			Vitamin K	151.5 µg	126%
Protein	85.5 g	72%	Minerals		
			Calcium	2291.9 mg	229%
			Copper	2.1 mg	234%
			Iron	8.0 mg	200%
			Magnesium	813.5 mg	194%
			Manganese	2.5 mg	108%
			Phosphorus	1149.6 mg	164%
			Potassium	5089.5 mg	108%
			Selenium	223.2 µg	406%
			Sodium	2765.8 mg	92%
			Zinc	16.8 mg	153%
General					
Energy	1950.7 kcal	90%			



Biometric Charts

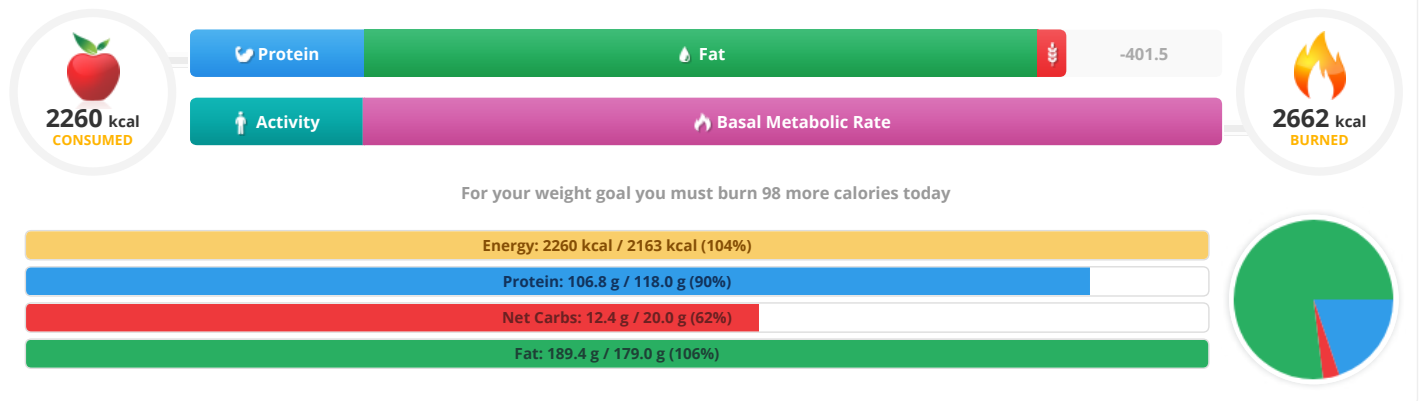
Ketones (Blood) (mmol/L) from 2017 October 22 to 2017 November 7



Diary for 2017 October 22, Sunday

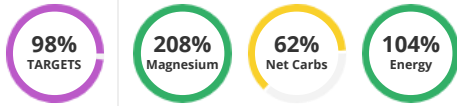
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	226.94	lbs	
Body Fat (Withings)	29.41	%	
Keto Chow 2.0 Salted Caramel plus 118ml heavy cream	1	full recipe	3.84
Keto Chow 2.0 - Peanut Butter	1	Scoop	2.5
Cream, fluid, heavy whipping Darigold 40%	4	fl oz	3.27
Keto Chow 2.0 Chocolate plus 54g Avocado Oil	1	Serving	2.77
Keto Chow Fish Oil	1	× 2 Pills	0
Ketones (Blood)	0.4	mmol/L	

Calories Summary



Nutrients for 2017 October 22, Sunday

Nutrient Targets



General		
Energy	2260.1 kcal	104%

Carbohydrates		
Carbs	39.8 g	99%
Fiber	27.4 g	137%
Net Carbs	12.4 g	62%
Starch	0.0 g	No Target
Sugars	9.5 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	189.4 g	106%
Monounsaturated	83.6 g	No Target
Polyunsaturated	16.0 g	No Target
Omega-3	3.2 g	199%

Protein		
Protein	106.8 g	90%

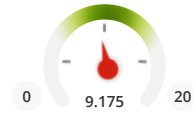
Vitamins		
B1 (Thiamine)	2.6 mg	213%
B2 (Riboflavin)	5.3 mg	405%
B3 (Niacin)	26.5 mg	165%
B5 (Pantothenic Acid)	18.8 mg	376%
B6 (Pyridoxine)	3.1 mg	240%
B12 (Cobalamin)	10.1 µg	420%
Folate	536.4 µg	134%
Vitamin A	3959.1 IU	132%
Vitamin C	432.2 mg	480%
Vitamin D	3021.7 IU	504%
Vitamin E	30.9 mg	206%
Vitamin K	151.2 µg	126%

Minerals		
Calcium	2220.2 mg	222%
Copper	2.8 mg	316%
Iron	24.2 mg	605%
Magnesium	874.8 mg	208%
Manganese	3.3 mg	142%
Phosphorus	1409.4 mg	201%
Potassium	6451.8 mg	137%
Selenium	286.7 µg	521%
Sodium	3251.5 mg	108%
Zinc	26.1 mg	237%

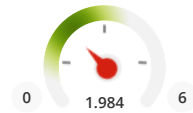
Nutrient Balances



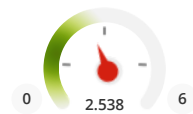
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

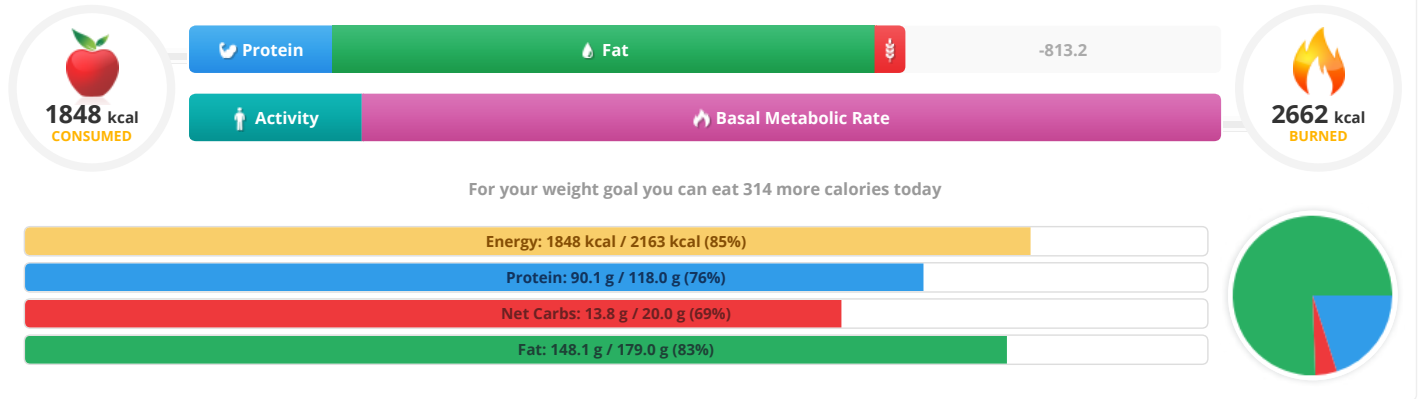


CALCIUM : MAGNESIUM

Diary for 2017 October 23, Monday

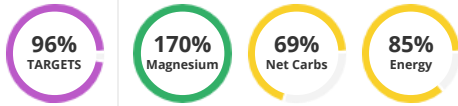
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	224.25	lbs	
Body Fat (Withings)	30.48	%	
Keto Chow 2.0 Chocolate plus 118ml heavy cream	2	full recipe	10.01
Keto Chow Fish Oil	1 × 2	Pills	0
Keto Chow 2.0 Salted Caramel plus 118ml heavy cream	1	full recipe	3.84
Ketones (Blood)	0.5	mmol/L	

Calories Summary



Nutrients for 2017 October 23, Monday

Nutrient Targets



General		
Energy	1848.4 kcal	85%

Carbohydrates		
Carbs	35.0 g	87%
Fiber	21.1 g	106%
Net Carbs	13.8 g	69%
Starch	0.0 g	No Target
Sugars	12.2 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	148.1 g	83%
Monounsaturated	33.6 g	No Target
Polyunsaturated	6.1 g	No Target
Omega-3	2.5 g	159%

Protein		
Protein	90.1 g	76%

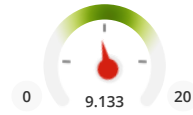
Vitamins		
B1 (Thiamine)	2.2 mg	181%
B2 (Riboflavin)	5.0 mg	382%
B3 (Niacin)	21.3 mg	133%
B5 (Pantothenic Acid)	16.5 mg	329%
B6 (Pyridoxine)	2.6 mg	203%
B12 (Cobalamin)	8.7 µg	361%
Folate	445.3 µg	111%
Vitamin A	5414.0 IU	180%
Vitamin C	362.1 mg	402%
Vitamin D	2625.3 IU	438%
Vitamin E	27.3 mg	182%
Vitamin K	131.4 µg	110%

Minerals		
Calcium	2059.8 mg	206%
Copper	2.4 mg	263%
Iron	20.0 mg	500%
Magnesium	714.0 mg	170%
Manganese	2.7 mg	118%
Phosphorus	1222.4 mg	175%
Potassium	5441.6 mg	116%
Selenium	244.3 µg	444%
Sodium	2770.2 mg	92%
Zinc	21.6 mg	197%

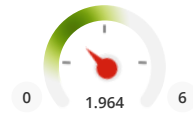
Nutrient Balances



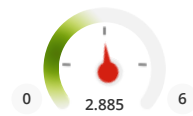
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

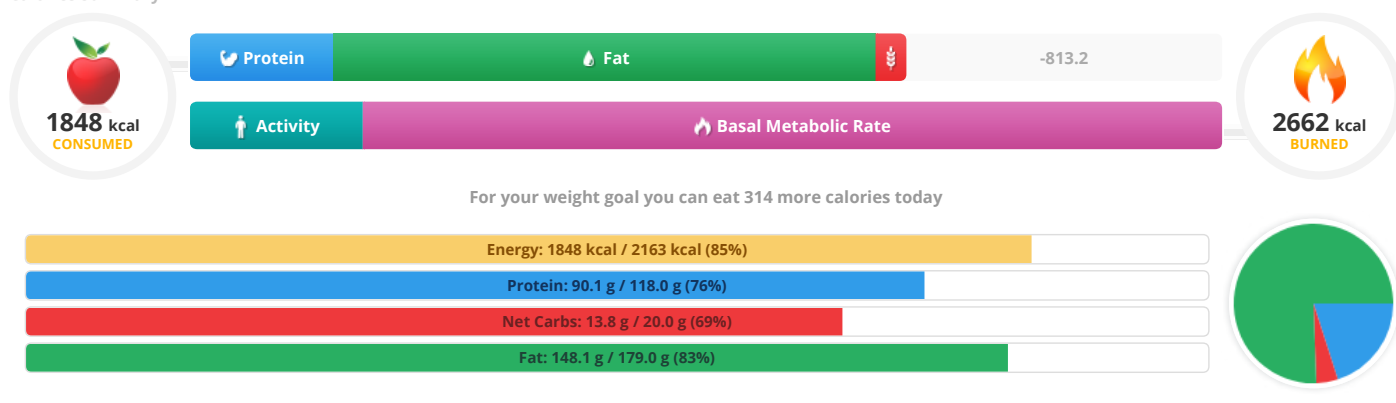


CALCIUM : MAGNESIUM

Diary for 2017 October 24, Tuesday

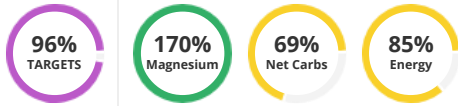
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	223.39	lbs	
Body Fat (Withings)	30.11	%	
Keto Chow Fish Oil	1	× 2 Pills	0
Keto Chow 2.0 Salted Caramel plus 118ml heavy cream	1	full recipe	3.84
Keto Chow 2.0 Chocolate plus 118ml heavy cream	2	full recipe	10.01
Ketones (Blood)	0.4	mmol/L	

Calories Summary



Nutrients for 2017 October 24, Tuesday

Nutrient Targets



General		
Energy	1848.4 kcal	85%

Carbohydrates		
Carbs	35.0 g	87%
Fiber	21.1 g	106%
Net Carbs	13.8 g	69%
Starch	0.0 g	No Target
Sugars	12.2 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	148.1 g	83%
Monounsaturated	33.6 g	No Target
Polyunsaturated	6.1 g	No Target
Omega-3	2.5 g	159%

Protein		
Protein	90.1 g	76%

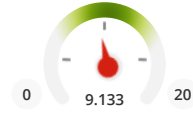
Vitamins		
B1 (Thiamine)	2.2 mg	181%
B2 (Riboflavin)	5.0 mg	382%
B3 (Niacin)	21.3 mg	133%
B5 (Pantothenic Acid)	16.5 mg	329%
B6 (Pyridoxine)	2.6 mg	203%
B12 (Cobalamin)	8.7 µg	361%
Folate	445.3 µg	111%
Vitamin A	5414.0 IU	180%
Vitamin C	362.1 mg	402%
Vitamin D	2625.3 IU	438%
Vitamin E	27.3 mg	182%
Vitamin K	131.4 µg	110%

Minerals		
Calcium	2059.8 mg	206%
Copper	2.4 mg	263%
Iron	20.0 mg	500%
Magnesium	714.0 mg	170%
Manganese	2.7 mg	118%
Phosphorus	1222.4 mg	175%
Potassium	5441.6 mg	116%
Selenium	244.3 µg	444%
Sodium	2770.2 mg	92%
Zinc	21.6 mg	197%

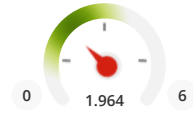
Nutrient Balances



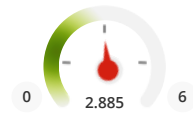
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

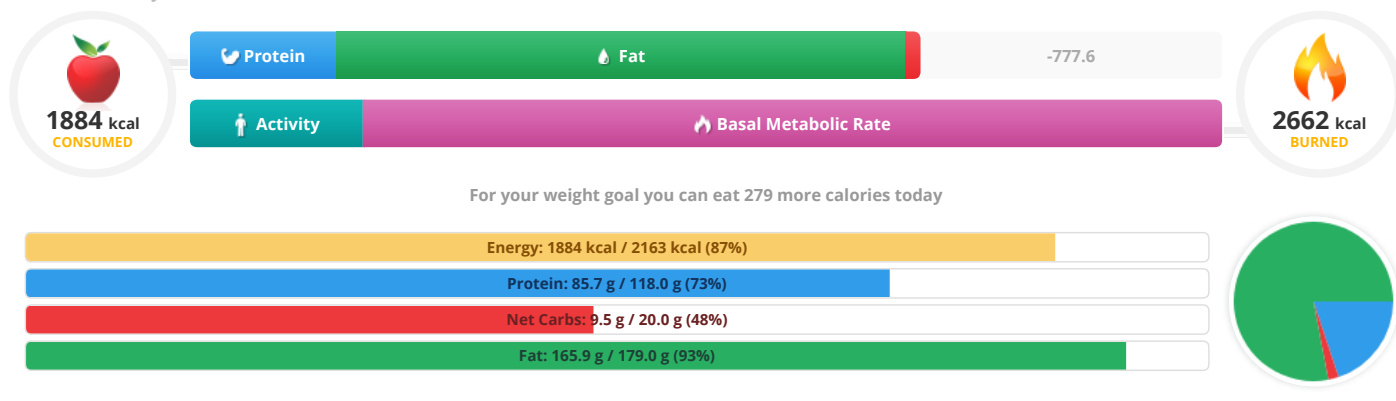


CALCIUM : MAGNESIUM

Diary for 2017 October 25, Wednesday

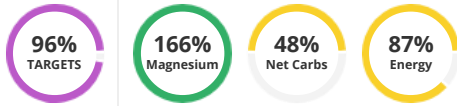
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	223.26	lbs	
Body Fat (Withings)	28.87	%	
Keto Chow 2.1rc1 100ml cream 16.6ml MCT	3	full recipe	9.54
Keto Chow Fish Oil	1	× 2 Pills	0
Redmond, Real Salt, Fine Salt	1	× 1/4 tsp	0
Clear American, Unsweetened Blackberry Sparkling Water	1	can	0
Ketones (Blood)	0.7	mmol/L	

Calories Summary



Nutrients for 2017 October 25, Wednesday

Nutrient Targets



General		
Energy	1884.0 kcal	87%

Carbohydrates		
Carbs	31.8 g	80%
Fiber	22.3 g	111%
Net Carbs	9.5 g	48%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

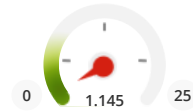
Lipids		
Fat	165.9 g	93%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.7 g	73%

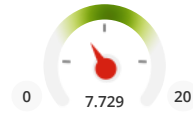
Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2440.0 mg	244%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	695.1 mg	166%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	3226.0 mg	108%
Zinc	15.7 mg	143%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

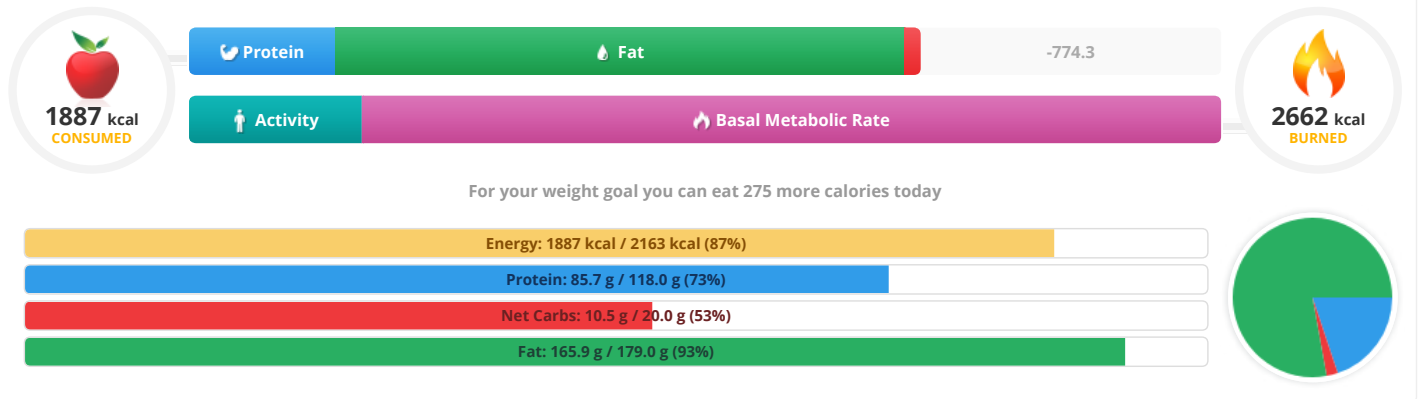


CALCIUM : MAGNESIUM

Diary for 2017 October 26, Thursday

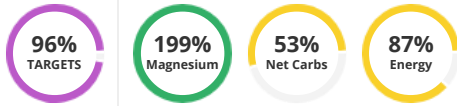
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	222.44	lbs	
Body Fat (Withings)	28.93	%	
Keto Chow 2.1rc1 100ml cream 16.6ml MCT	3	full recipe	9.54
Keto Chow Fish Oil	1	× 2 Pills	0
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
Redmond, Real Salt, Fine Salt	1	× 1/4 tsp	0
Ketones (Blood)	1	mmol/L	

Calories Summary



Nutrients for 2017 October 26, Thursday

Nutrient Targets



General		
Energy	1887.3 kcal	87%

Carbohydrates		
Carbs	32.8 g	82%
Fiber	22.3 g	111%
Net Carbs	10.5 g	53%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

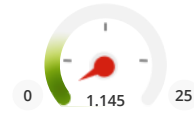
Lipids		
Fat	165.9 g	93%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.7 g	73%

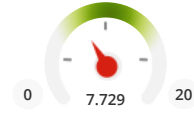
Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2440.0 mg	244%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	836.8 mg	199%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	3227.7 mg	108%
Zinc	15.7 mg	143%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

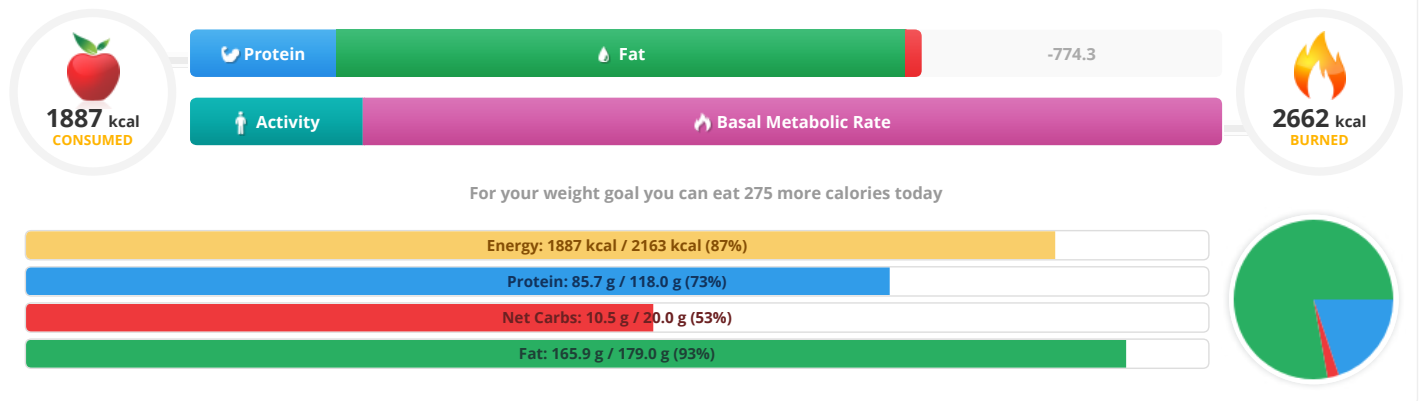


CALCIUM : MAGNESIUM

Diary for 2017 October 27, Friday

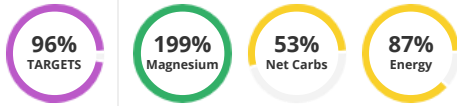
Description	Amount	Unit	Net Carbs (g)
Pulse (Withings)		93 bpm	
Weight (Withings)		221.32 lbs	
Body Fat (Withings)		30.02 %	
Keto Chow 2.1rc1 100ml cream 16.6ml MCT	3	full recipe	9.54
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
Keto Chow Fish Oil	1	× 2 Pills	0
Ketones (Blood)		1.8 mmol/L	

Calories Summary



Nutrients for 2017 October 27, Friday

Nutrient Targets



General		
Energy	1887.3 kcal	87%

Carbohydrates		
Carbs	32.8 g	82%
Fiber	22.3 g	111%
Net Carbs	10.5 g	53%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	165.9 g	93%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.7 g	73%

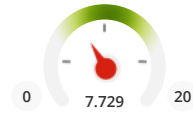
Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2440.0 mg	244%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	836.8 mg	199%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	2697.7 mg	90%
Zinc	15.7 mg	143%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

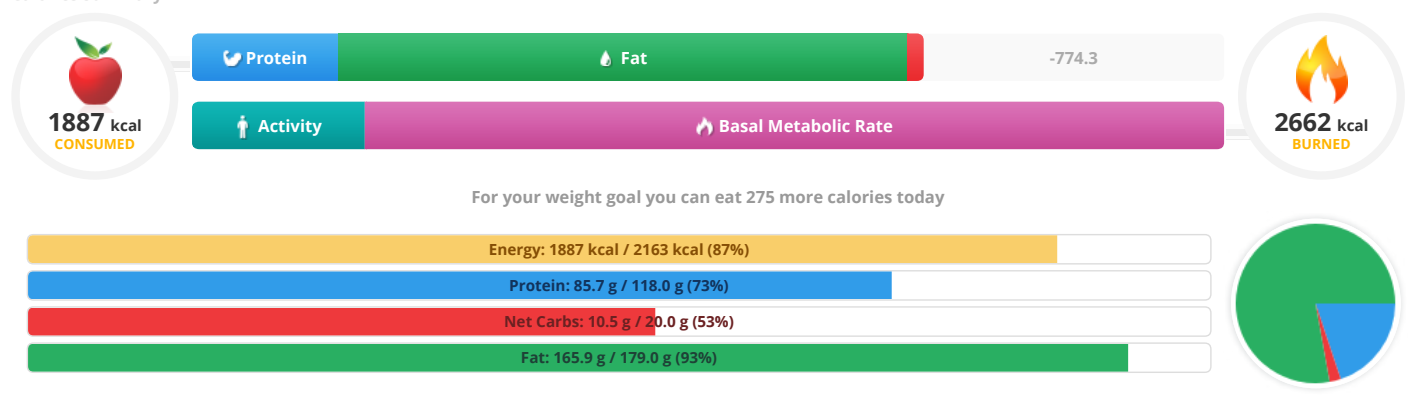


CALCIUM : MAGNESIUM

Diary for 2017 October 28, Saturday

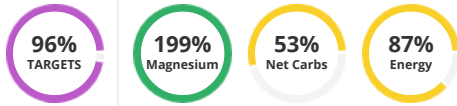
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	220.62	lbs	
Body Fat (Withings)	29.5	%	
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
Keto Chow 2.1rc1 100ml cream 16.6ml MCT	3	full recipe	9.54
Keto Chow Fish Oil	1	× 2 Pills	0
Ketones (Blood)	2.3	mmol/L	

Calories Summary



Nutrients for 2017 October 28, Saturday

Nutrient Targets



General		
Energy	1887.3 kcal	87%

Carbohydrates		
Carbs	32.8 g	82%
Fiber	22.3 g	111%
Net Carbs	10.5 g	53%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

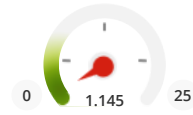
Lipids		
Fat	165.9 g	93%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.7 g	73%

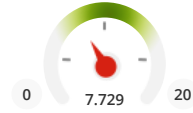
Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2440.0 mg	244%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	836.8 mg	199%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	2697.7 mg	90%
Zinc	15.7 mg	143%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

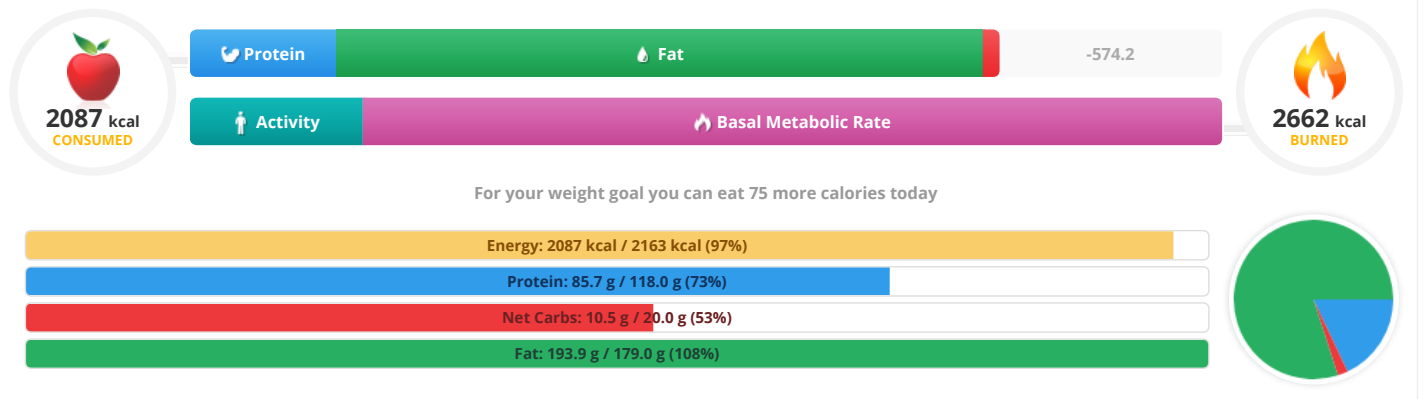


CALCIUM : MAGNESIUM

Diary for 2017 October 29, Sunday

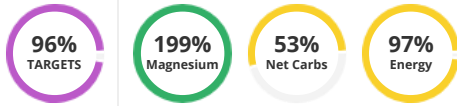
Description	Amount	Unit	Net Carbs (g)
Pulse (Withings)		99 bpm	
Weight (Withings)		220.84 lbs	
Body Fat (Withings)		29.43 %	
Keto Chow 2.1rc1 100ml cream 25ml MCT	3	full recipe	9.54
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
Keto Chow Fish Oil	1	× 2 Pills	0
Ketones (Blood)		1.6 mmol/L	

Calories Summary



Nutrients for 2017 October 29, Sunday

Nutrient Targets



General		
Energy	2087.3 kcal	97%

Carbohydrates		
Carbs	32.8 g	82%
Fiber	22.3 g	111%
Net Carbs	10.5 g	53%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

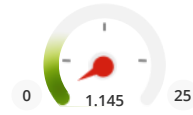
Lipids		
Fat	193.9 g	108%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.7 g	73%

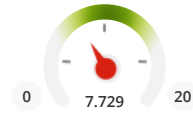
Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2440.0 mg	244%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	836.8 mg	199%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	2697.7 mg	90%
Zinc	15.7 mg	143%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

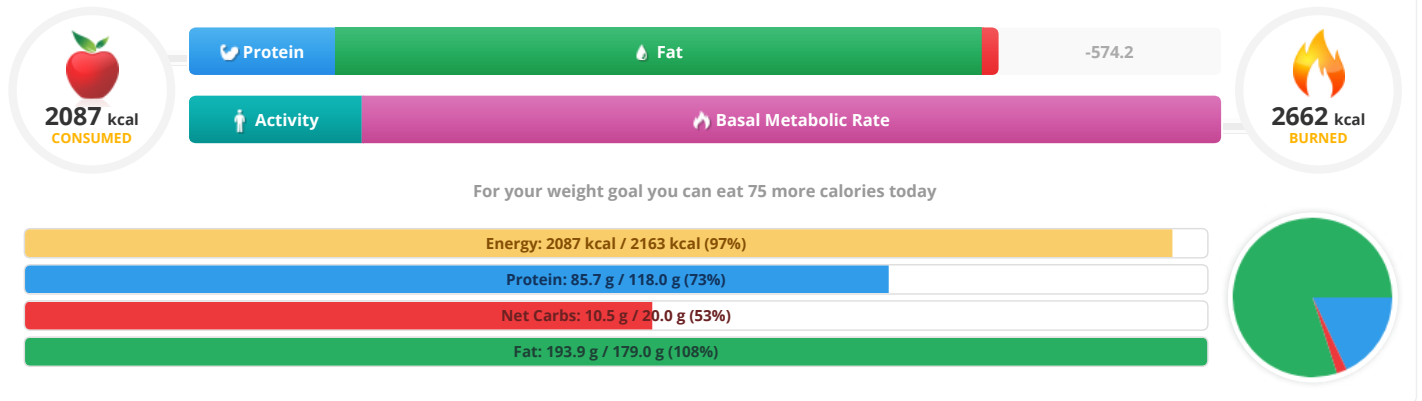


CALCIUM : MAGNESIUM

Diary for 2017 October 30, Monday

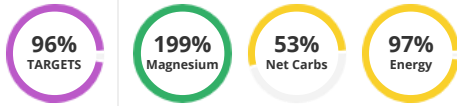
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	220.82	lbs	
Body Fat (Withings)	28.57	%	
Keto Chow 2.1rc1 100ml cream 25ml MCT	3	full recipe	9.54
Keto Chow Fish Oil	1	× 2 Pills	0
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
Ketones (Blood)	1.4	mmol/L	

Calories Summary



Nutrients for 2017 October 30, Monday

Nutrient Targets



General		
Energy	2087.3 kcal	97%

Carbohydrates		
Carbs	32.8 g	82%
Fiber	22.3 g	111%
Net Carbs	10.5 g	53%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

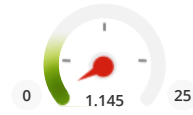
Lipids		
Fat	193.9 g	108%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.7 g	73%

Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2440.0 mg	244%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	836.8 mg	199%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	2697.7 mg	90%
Zinc	15.7 mg	143%

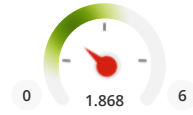
Nutrient Balances



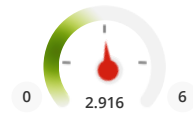
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

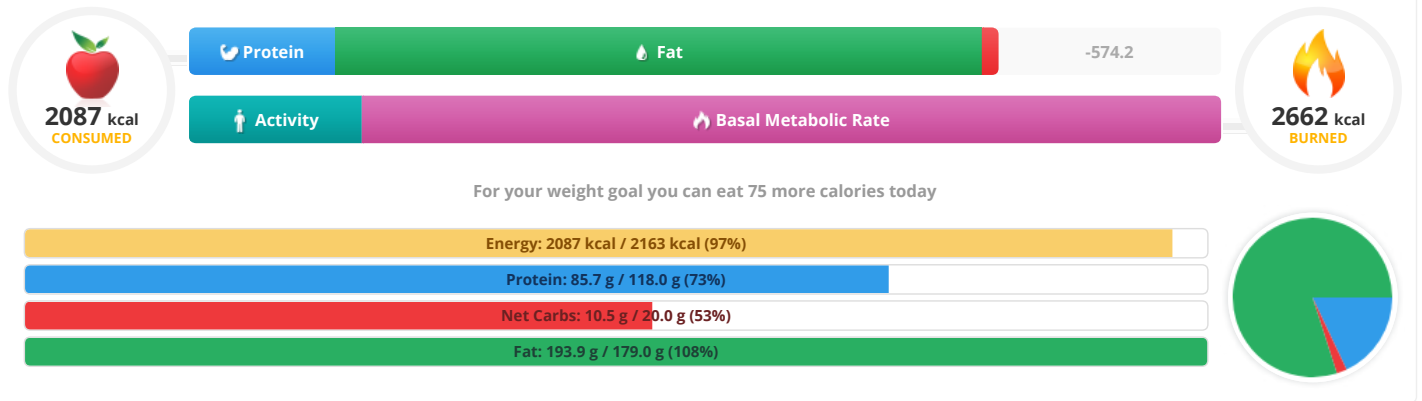


CALCIUM : MAGNESIUM

Diary for 2017 October 31, Tuesday

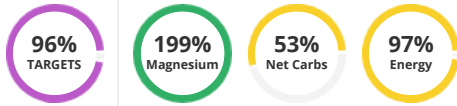
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	219.91	lbs	
Body Fat (Withings)	28.13	%	
Keto Chow Fish Oil	1	× 2 Pills	0
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
Keto Chow 2.1rc1 100ml cream 25ml MCT	3	full recipe	9.54
Ketones (Blood)	2.8	mmol/L	

Calories Summary



Nutrients for 2017 October 31, Tuesday

Nutrient Targets



General		
Energy	2087.3 kcal	97%

Carbohydrates		
Carbs	32.8 g	82%
Fiber	22.3 g	111%
Net Carbs	10.5 g	53%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

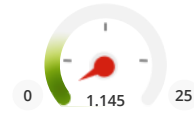
Lipids		
Fat	193.9 g	108%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.7 g	73%

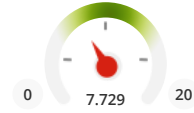
Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2440.0 mg	244%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	836.8 mg	199%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	2697.7 mg	90%
Zinc	15.7 mg	143%

Nutrient Balances



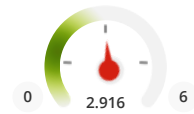
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

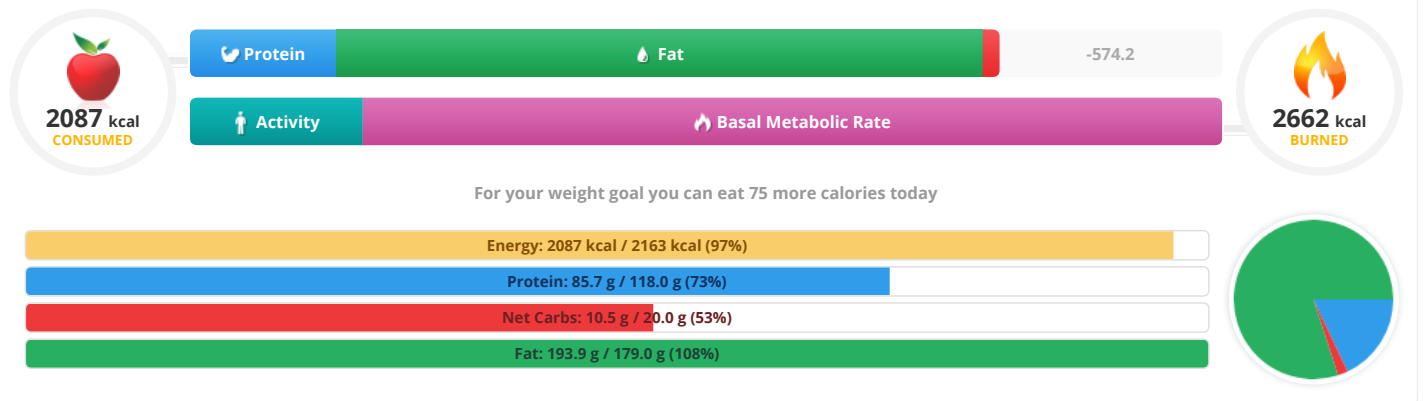


CALCIUM : MAGNESIUM

Diary for 2017 November 1, Wednesday

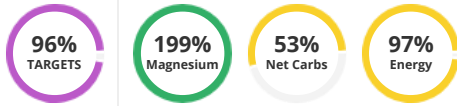
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	217.65	lbs	
Body Fat (Withings)	28.75	%	
Keto Chow Fish Oil	1	× 2 Pills	0
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
Keto Chow 2.1rc1 100ml cream 25ml MCT	3	full recipe	9.54
Ketones (Blood)	3.2	mmol/L	

Calories Summary



Nutrients for 2017 November 1, Wednesday

Nutrient Targets



General		
Energy	2087.3 kcal	97%

Carbohydrates		
Carbs	32.8 g	82%
Fiber	22.3 g	111%
Net Carbs	10.5 g	53%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

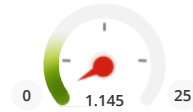
Lipids		
Fat	193.9 g	108%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.7 g	73%

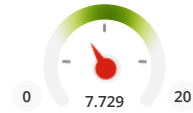
Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2440.0 mg	244%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	836.8 mg	199%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	2697.7 mg	90%
Zinc	15.7 mg	143%

Nutrient Balances



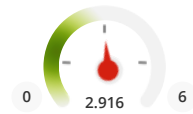
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

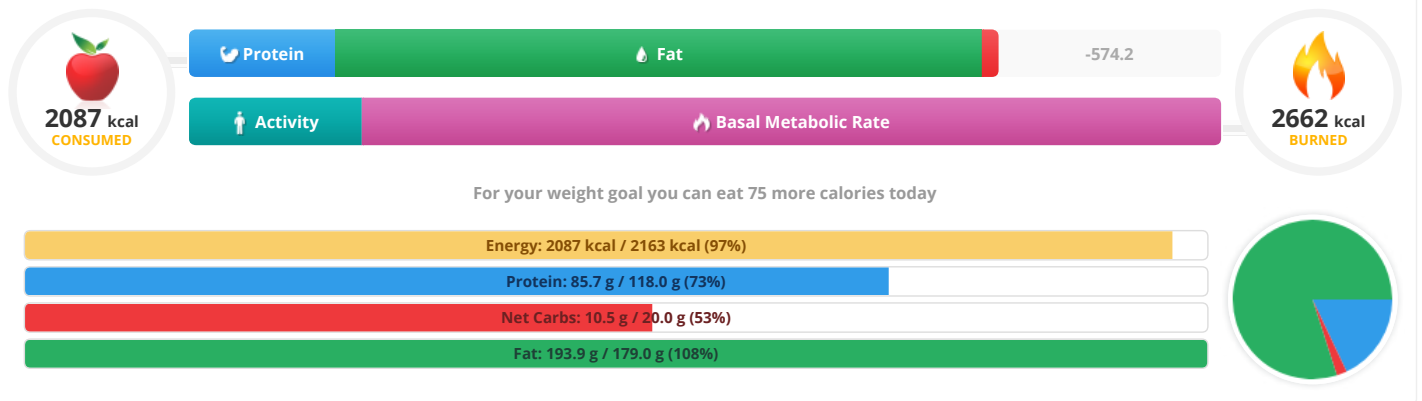


CALCIUM : MAGNESIUM

Diary for 2017 November 2, Thursday

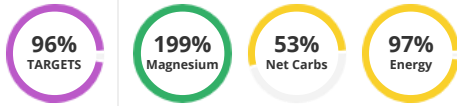
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)		219.03 lbs	
Body Fat (Withings)		28.03 %	
Keto Chow Fish Oil	1	× 2 Pills	0
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
Keto Chow 2.1rc1 100ml cream 25ml MCT	3	full recipe	9.54
Ketones (Blood)	2.2	mmol/L	

Calories Summary



Nutrients for 2017 November 2, Thursday

Nutrient Targets



General		
Energy	2087.3 kcal	97%

Carbohydrates		
Carbs	32.8 g	82%
Fiber	22.3 g	111%
Net Carbs	10.5 g	53%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	193.9 g	108%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.7 g	73%

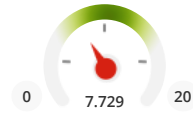
Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2440.0 mg	244%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	836.8 mg	199%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	2697.7 mg	90%
Zinc	15.7 mg	143%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

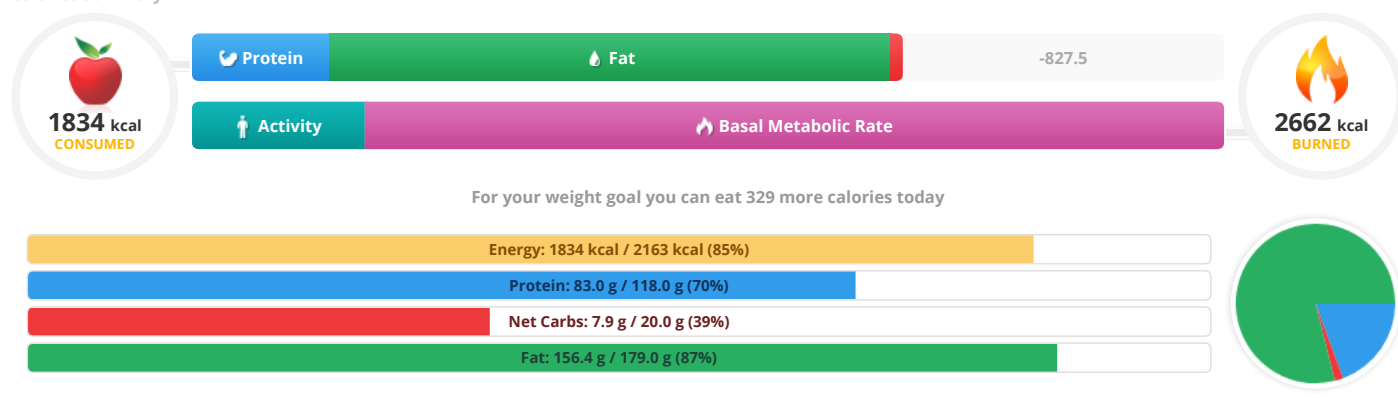


CALCIUM : MAGNESIUM

Diary for 2017 November 3, Friday

Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	217.98	lbs	
Body Fat (Withings)	28.72	%	
Keto Chow Fish Oil	1	× 2 Pills	0
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
Keto Chow 2.1rc2 60ml Avocado Oil	1	full recipe	0.47
Keto Chow 2.1rc2 100ml Heavy Cream	2	full recipe	6.42
Ketones (Blood)	3	mmol/L	

Calories Summary



Nutrients for 2017 November 3, Friday

Nutrient Targets



General

Energy	1834.1 kcal	85%
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Carbohydrates

Carbs	29.8 g	74%
Fiber	21.9 g	110%
Net Carbs	7.9 g	39%
Starch	0.0 g	No Target
Sugars	7.2 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids

Fat	156.4 g	87%
Monounsaturated	56.7 g	No Target
Polyunsaturated	10.5 g	No Target
Omega-3	2.7 g	171%

Protein

Protein	83.0 g	70%
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Vitamins

B1 (Thiamine)	1.5 mg	128%
B2 (Riboflavin)	2.1 mg	160%
B3 (Niacin)	20.1 mg	126%
B5 (Pantothenic Acid)	11.0 mg	220%
B6 (Pyridoxine)	2.1 mg	160%
B12 (Cobalamin)	6.3 µg	263%
Folate	408.0 µg	102%
Vitamin A	3269.7 IU	109%
Vitamin C	361.2 mg	401%
Vitamin D	926.0 IU	154%
Vitamin E	32.7 mg	218%
Vitamin K	176.2 µg	147%

Minerals

Calcium	2276.7 mg	228%
Copper	2.0 mg	225%
Iron	5.1 mg	128%
Magnesium	875.7 mg	209%
Manganese	2.4 mg	105%
Phosphorus	1106.0 mg	158%
Potassium	4939.0 mg	105%
Selenium	216.0 µg	393%
Sodium	2582.3 mg	86%
Zinc	15.5 mg	141%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

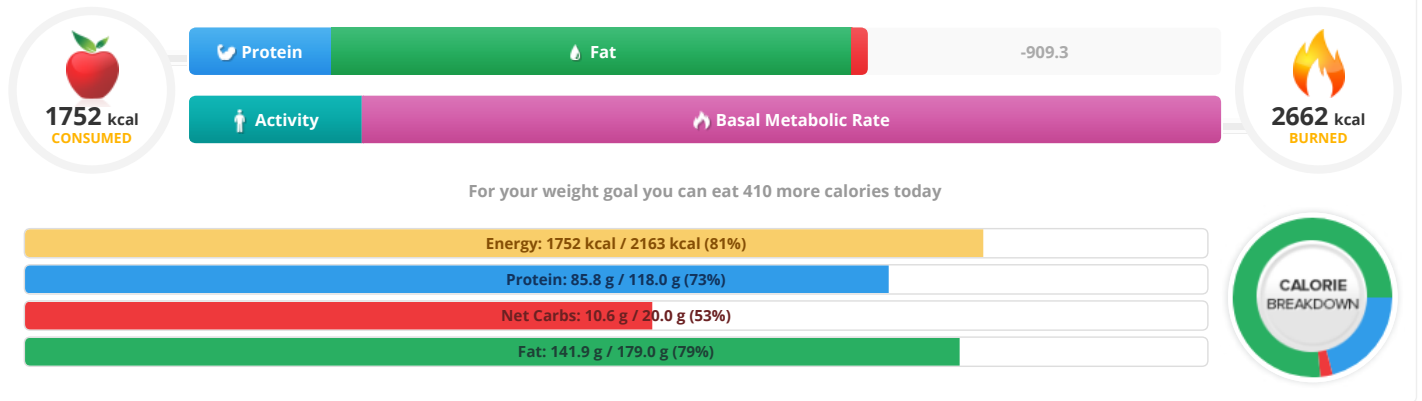


CALCIUM : MAGNESIUM

Diary for 2017 November 4, Saturday

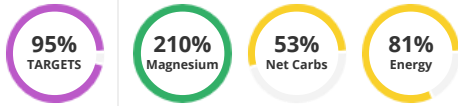
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	216.92	lbs	
Body Fat (Withings)	27.54	%	
Keto Chow Fish Oil	1	× 2 Pills	0
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
Keto Chow 2.1rc2 100ml Heavy Cream	3	full recipe	9.63
Ketones (Blood)	2.8	mmol/L	

Calories Summary



Nutrients for 2017 November 4, Saturday

Nutrient Targets



General		
Energy	1752.3 kcal	81%

Carbohydrates		
Carbs	32.5 g	81%
Fiber	21.9 g	110%
Net Carbs	10.6 g	53%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	141.9 g	79%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.8 g	73%

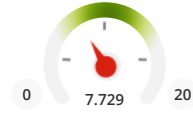
Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2410.0 mg	241%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	882.7 mg	210%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	2615.7 mg	87%
Zinc	15.7 mg	143%

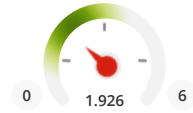
Nutrient Balances



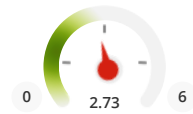
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

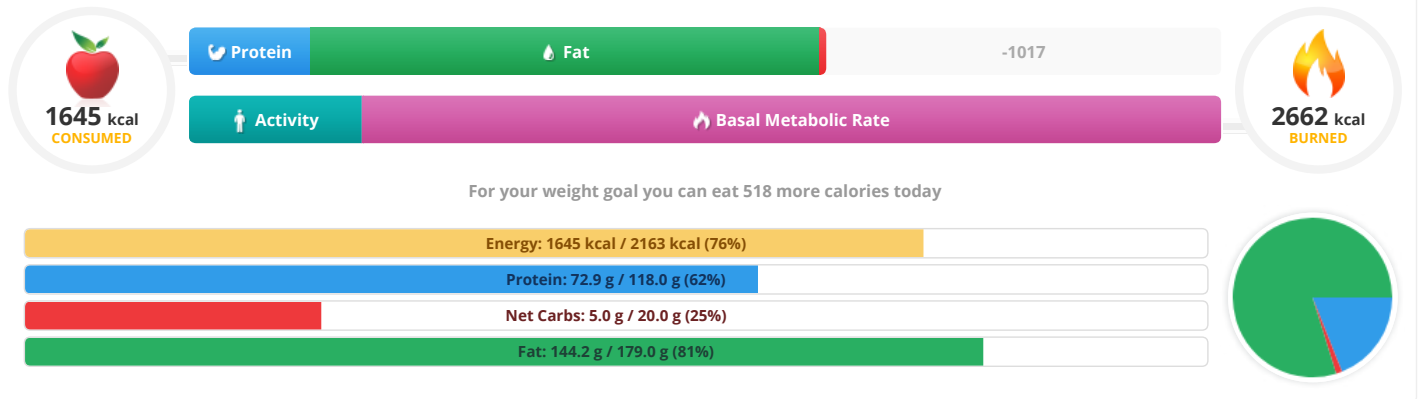


CALCIUM : MAGNESIUM

Diary for 2017 November 5, Sunday

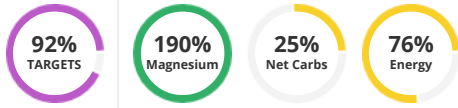
Description	Amount	Unit	Net Carbs (g)
Pulse (Withings)		56 bpm	
Weight (Withings)		216.16 lbs	
Body Fat (Withings)		29.1 %	
Keto Chow Fish Oil	1	× 2 Pills	0
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
Keto Chow 2.1rc2 60ml Avocado Oil	0.7	full recipe	0.33
Keto Chow 2.1rc2 100ml Heavy Cream	1	full recipe	3.21
Keto Chow 2.1rc2 1/2 stick Butter	1	full recipe	0.5
Ketones (Blood)		5.5 mmol/L	

Calories Summary



Nutrients for 2017 November 5, Sunday

Nutrient Targets



General		
Energy	1644.6 kcal	76%

Carbohydrates		
Carbs	24.8 g	62%
Fiber	19.7 g	99%
Net Carbs	5.0 g	25%
Starch	0.0 g	No Target
Sugars	4.2 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	144.2 g	81%
Monounsaturated	47.9 g	No Target
Polyunsaturated	8.4 g	No Target
Omega-3	2.6 g	164%

Protein		
Protein	72.9 g	62%

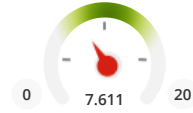
Vitamins		
B1 (Thiamine)	1.4 mg	114%
B2 (Riboflavin)	1.7 mg	134%
B3 (Niacin)	18.1 mg	113%
B5 (Pantothenic Acid)	9.5 mg	191%
B6 (Pyridoxine)	1.8 mg	142%
B12 (Cobalamin)	5.7 µg	236%
Folate	365.7 µg	91%
Vitamin A	3294.2 IU	110%
Vitamin C	324.6 mg	361%
Vitamin D	788.8 IU	131%
Vitamin E	28.6 mg	191%
Vitamin K	150.0 µg	125%

Minerals		
Calcium	1956.0 mg	196%
Copper	1.8 mg	201%
Iron	4.5 mg	113%
Magnesium	797.9 mg	190%
Manganese	2.2 mg	94%
Phosphorus	962.6 mg	138%
Potassium	4378.7 mg	93%
Selenium	192.6 µg	350%
Sodium	2662.5 mg	89%
Zinc	13.8 mg	125%

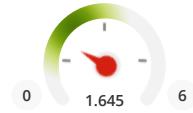
Nutrient Balances



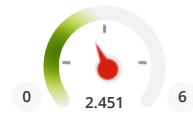
OMEGA-6 : OMEGA-3



ZINC : COPPER







POTASSIUM : SODIUM

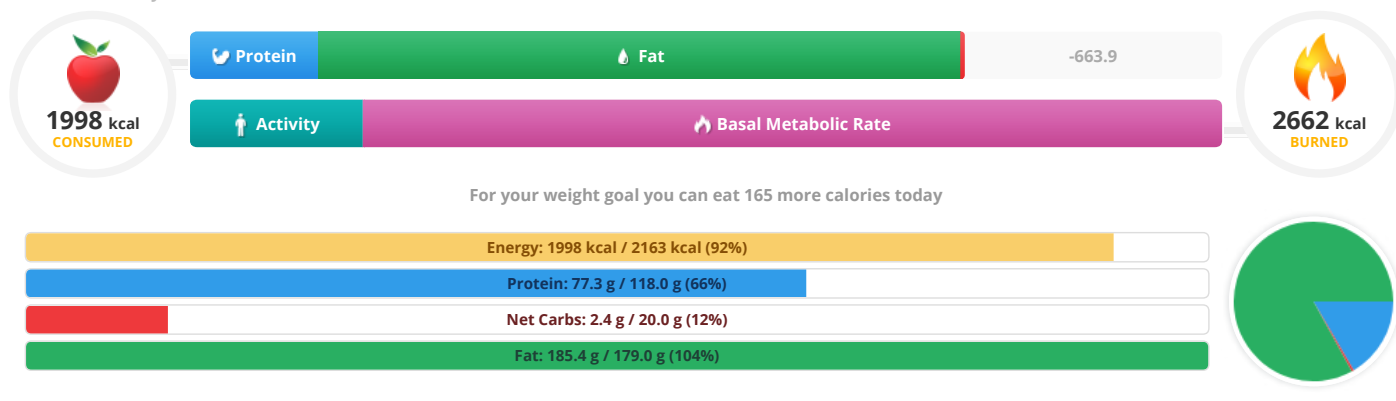


CALCIUM : MAGNESIUM

Diary for 2017 November 6, Monday

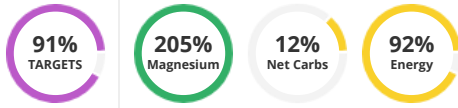
Description	Amount	Unit	Net Carbs (g)
 Keto Chow Fish Oil	1	× 2 Pills	0
 Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
 Keto Chow 2.1rc2 60ml Avocado Oil	3	full recipe	1.41
 Ketones (Blood)	4.9	mmol/L	

Calories Summary



Nutrients for 2017 November 6, Monday

Nutrient Targets



General		
Energy	1997.7 kcal	92%

Carbohydrates		
Carbs	24.3 g	61%
Fiber	21.9 g	110%
Net Carbs	2.4 g	12%
Starch	0.0 g	No Target
Sugars	1.4 g	No Target
Sugar Alcohol	0.0 g	No Target

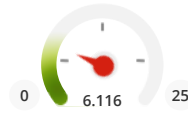
Lipids		
Fat	185.4 g	104%
Monounsaturated	115.4 g	No Target
Polysaturated	22.1 g	No Target
Omega-3	3.3 g	209%

Protein		
Protein	77.3 g	66%

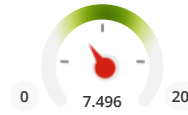
Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.7 mg	132%
B3 (Niacin)	20.0 mg	125%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.0 µg	100%
Vitamin A	603.0 IU	20%
Vitamin C	360.0 mg	400%
Vitamin D	800.0 IU	133%
Vitamin E	44.5 mg	297%
Vitamin K	269.4 µg	225%

Minerals		
Calcium	2010.0 mg	201%
Copper	2.0 mg	222%
Iron	4.9 mg	123%
Magnesium	861.7 mg	205%
Manganese	2.4 mg	104%
Phosphorus	990.0 mg	141%
Potassium	4739.0 mg	101%
Selenium	210.0 µg	382%
Sodium	2515.7 mg	84%
Zinc	15.0 mg	136%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER






POTASSIUM : SODIUM

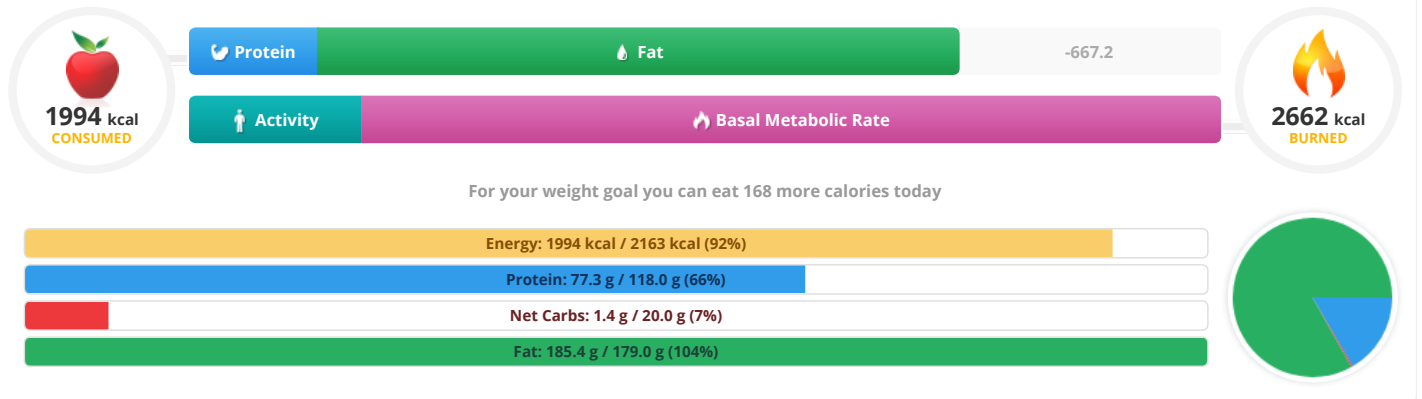


CALCIUM : MAGNESIUM

Diary for 2017 November 7, Tuesday

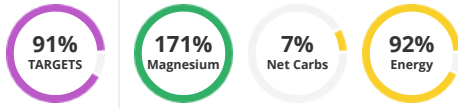
Description	Amount	Unit	Net Carbs (g)
 Keto Chow Fish Oil	1	× 2 Pills	0
 Keto Chow 2.1rc2 60ml Avocado Oil	3	full recipe	1.41
 Ketones (Blood)	5	mmol/L	

Calories Summary



Nutrients for 2017 November 7, Tuesday

Nutrient Targets



General		
Energy	1994.4 kcal	92%

Carbohydrates		
Carbs	23.3 g	58%
Fiber	21.9 g	110%
Net Carbs	1.4 g	7%
Starch	0.0 g	No Target
Sugars	1.4 g	No Target
Sugar Alcohol	0.0 g	No Target

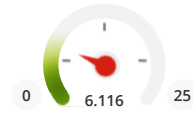
Lipids		
Fat	185.4 g	104%
Monounsaturated	115.4 g	No Target
Polysaturated	22.1 g	No Target
Omega-3	3.3 g	209%

Protein		
Protein	77.3 g	66%

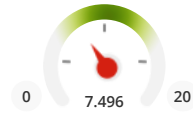
Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.7 mg	132%
B3 (Niacin)	20.0 mg	125%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.0 µg	100%
Vitamin A	603.0 IU	20%
Vitamin C	360.0 mg	400%
Vitamin D	800.0 IU	133%
Vitamin E	44.5 mg	297%
Vitamin K	269.4 µg	225%

Minerals		
Calcium	2010.0 mg	201%
Copper	2.0 mg	222%
Iron	4.9 mg	123%
Magnesium	720.1 mg	171%
Manganese	2.4 mg	104%
Phosphorus	990.0 mg	141%
Potassium	4739.0 mg	101%
Selenium	210.0 µg	382%
Sodium	2514.0 mg	84%
Zinc	15.0 mg	136%

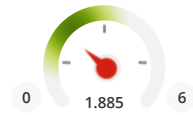
Nutrient Balances



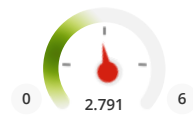
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM